

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover





“Prevention as They Grow”: Underage Drinking Prevention From Early Childhood to Young Adulthood

Tom Coderre
Senior Advisor to the Administrator
SAMHSA

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Why Take a Developmental Approach to Prevention?

- **Humans are developing organisms.**
 - People change physically, socially, and emotionally throughout life—particularly during childhood and adolescence.
 - Youth are more vulnerable to alcohol use during periods of transition.



Source: Masten, A., Faden, V., Zucker, R., and Spear, L. (2008).
Underage drinking: A developmental framework. *Pediatrics*, 121;S235.

Why Take a Developmental Approach to Prevention?

- **Developmental changes influence the emergence and progression of drinking behaviors.**
 - Expectancies about alcohol use shift from predominantly negative to positive during late childhood/early adolescence.
 - Striking patterns of age-related use and problems (e.g., rates of use, binge drinking, and heavy drinking) increase as youth age.



Why Take a Developmental Approach to Prevention?

- **Underage drinking has developmental consequences.**
 - Certain regions of the brain may be more susceptible to damage from heavy alcohol use during adolescence.
 - Drinking also may alter the development of social and academic competence.



Why Take a Developmental Approach to Prevention?

- **Alcohol use disorders are developmental in nature.**
 - Disorders typically emerge during late adolescence or early adulthood.
 - Youth who begin drinking by age 14 are more than six times as likely to develop alcohol problems as adults than those who don't drink before age 21.

Why Take a Developmental Approach to Prevention?

- **Key Points**

- Prevention is a continuum.
- To be effective, efforts to prevent or reduce underage drinking behaviors must be developmentally informed and age-appropriate.
- Collaboration across child-serving organizations (e.g., between high schools and colleges) is necessary to reinforce prevention messages during windows of vulnerability and opportunity.

Workshop Presenters

- **Kelli Komro, Ph.D.**

Professor, Department of Health Outcomes and Policy
Associate Director, Institute for Child Health Policy
University of Florida

- **Amelia Arria, Ph.D.**

Associate Professor, Department of Behavioral and
Community Health
Director, Center on Young Adult Health and
Development
University of Maryland

Workshop Presenters

- **Robert Vincent, MS.Ed., CDP, NCAC II**
Public Health Analyst
SAMHSA, Center for Substance Abuse
Prevention